



# GYM SCHEDULE

# JANUARY 6 - MARCH 2, 2025

		5:00 - 8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30
<b>MONDAY</b>	Court 1	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM										YOUTH BASKETBALL				OPEN GYM								
	Court 2	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM										YOUTH BASKETBALL				OPEN GYM								
	Court 3	OPEN GYM		EASTER SEALS	** OPEN PICKLEBALL		OPEN GYM										OPEN PICKLEBALL		OPEN GYM		ADULT OPEN RUN BASKETBALL						
	Court 4	OPEN GYM		EASTER SEALS	** OPEN PICKLEBALL		OPEN GYM										OPEN PICKLEBALL		BASE		ADULT OPEN RUN BASKETBALL						
<b>TUESDAY</b>	Court 1	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM										* YOUTH BASKETBALL LEAGUE PRACTICE				OPEN GYM								
	Court 2	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM										* YOUTH BASKETBALL LEAGUE PRACTICE				OPEN GYM								
	Court 3	OPEN GYM		EASTER SEALS	** OPEN PICKLEBALL		OPEN GYM										OPEN PICKLEBALL		BASE		* YOUTH BASKETBALL LEAGUE PRACTICE						
	Court 4	OPEN GYM		EASTER SEALS	** OPEN PICKLEBALL		OPEN GYM										OPEN PICKLEBALL		BASE		* YOUTH BASKETBALL LEAGUE PRACTICE						
<b>WEDNESDAY</b>	Court 1	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM										SUPER ALLSTARS		OPEN GYM										
	Court 2	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM										SUPER ALLSTARS		OPEN GYM										
	Court 3	OPEN GYM		EASTER SEALS	** OPEN PICKLEBALL		INTRO TO PICKLEBALL		OPEN GYM										BASE		SPECIAL OLYMPICS		OPEN GYM				
	Court 4	OPEN GYM		EASTER SEALS	** OPEN PICKLEBALL		INTRO TO PICKLEBALL		OPEN GYM										BASE		SPECIAL OLYMPICS		OPEN GYM				
<b>THURSDAY</b>	Court 1	OPEN GYM		TYKES	HOMESCHOOL PE		OPEN GYM										INTRO TO SPORTS		YOUTH INDOOR SOCCER								
	Court 2	OPEN GYM		TYKES	HOMESCHOOL PE		OPEN GYM										INTRO TO SPORTS		YOUTH INDOOR SOCCER								
	Court 3	OPEN GYM		EASTER SEALS	** OPEN PICKLEBALL		OPEN GYM										OPEN VOLLEYBALL		YOUTH VOLLEYBALL		OPEN PICKLEBALL		BASE				
	Court 4	OPEN GYM		EASTER SEALS	** OPEN PICKLEBALL		OPEN GYM										OPEN VOLLEYBALL		YOUTH VOLLEYBALL		OPEN PICKLEBALL		BASE				
<b>FRIDAY</b>	Court 1	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM										OPEN GYM				OPEN GYM								
	Court 2	OPEN GYM		TYKES PRE SCHOOL	OPEN GYM										OPEN GYM				OPEN GYM								
	Court 3	OPEN GYM		EASTER SEALS	** OPEN PICKLEBALL		OPEN GYM										OPEN PICKLEBALL		BASE		OPEN GYM						
	Court 4	OPEN GYM		EASTER SEALS	** OPEN PICKLEBALL		OPEN GYM										OPEN PICKLEBALL		BASE		OPEN GYM						
<b>SATURDAY</b>	Court 1	OPEN GYM		OPEN GYM										BASE				<b>WATER ONLY!</b> <b>NO OTHER FOOD</b> <b>OR DRINK IN THE</b> <b>GYM</b>									
	Court 2	OPEN GYM		OPEN GYM										BASE													
	Court 3	OPEN GYM		OPEN GYM										BASE													
	Court 4	OPEN GYM		OPEN GYM										BASE													
<b>SUNDAY</b>	Court 1	OPEN GYM		OPEN GYM										OPEN SOCCER				OPEN GYM									
	Court 2	OPEN GYM		OPEN GYM										OPEN SOCCER				OPEN GYM									
	Court 3	OPEN GYM		OPEN GYM										OPEN SOCCER				OPEN GYM									
	Court 4	OPEN GYM		OPEN GYM										OPEN SOCCER				OPEN GYM									

**OPEN GYM**  
 Open Gym Basketball is designed for free shoot around, or pickup games with close friends. Participants are required to bring their own ball.

**\* YOUTH BASKETBALL LEAGUE PRACTICE**

**US BANK FIELD HOUSE RULES:**

- No dunking or hanging on rims
- RESPECT OTHERS! Foul language, fighting, rough play or trash talking WILL NOT be tolerated
- No Spitting
- No Horseplay
- Shirts must be worn at all times
- Clean, dry, non-marking athletic shoes only
- Coats, bags etc. should be kept in the locker room areas. Please remember to lock up your belongings and the YMCA is not responsible for lost or stolen items.
- Failure to follow rules will result in being asked to leave gym / possible loss of gym privileges

**\*\* PICKLEBALL COURT 2 WILL NOT BE AVAILABLE ON DAYS WITH NO SCHOOL \*\* JAN 20, 24, FEB 21, 28,**

1/9/2025

**\*Gym schedule subject to change due to Fitness , Sports Classes and Events.**